# Faith Family Freedom 5K/10K and Warrior Challenge November 22, 2025 Gilmer, TX

### **Course and Race Details**

Our courses will be a mix of flat road with challenging hills in a scenic neighborhood of Gilmer. The courses will be fully marked and easy to navigate with signage and volunteers to help guide you along the way.

#### **RACE CHECK-IN/REGISTRATION:**

- Steel Mill Farms Country Store 212 W. Tyler St, Gilmer, TX
- Registration Begins 6:30 AM

#### **COURSE OVERVIEW:**

- Race Start/Finish The Body Health and Wellness 215 Buffalo St, Gilmer, TX
- 5K/10K start 8AM
- The course is paved road through downtown Gilmer and surrounding neighborhoods.
- 5K https://tinyurl.com/mu482xek
- 10K https://tinyurl.com/m8skkawd
- Average Temp 45-65 (But it's Texas, so who know?!?!)
- 10K Course has water/gatorade Aid Station at the halfway point
- Water/Gatorade and Bananas at Finish Line

#### **WARRIOR CHALLENGE:**

- Sandbag Wall Toss
- Farmers Carry
- Pushup Challenge
- Weighted Lunges
- Deadlift

#### **SWAG:**

- Drawstring Backpacks
- Race T-shirt (Unisex) for entries by November 15
- Finisher Medals
- Event Keychains
- Electrolytes by LMNT
- Other Surprises!

#### FOOD:

Steel Mill Farms Hamburgers for purchase. (All proceeds go to charity)

#### **PRIZES:**

- 5K Male/Female Champions Get \$100 Steel Mill Farms Gift Cards
- 10K Male/Female Champions Get a Racquet and Jog Prize pack including Shoes and T-shirts
- Warrior Challenge Winners Get Free Gym Memberships to The Body Health and Wellness
- Overall Points Winner from combined Race/Warrior Challenge gets 1 Year supply of Protein Powder and 1/2 Pig fully processed in a USDA inspected facility!

## All proceeds support 3 charities:

- Open Door Resource Center <a href="https://www.opendoortx.org/">https://www.opendoortx.org/</a>
- Gilmer Area Chamber of Commerce <a href="https://www.gilmerareachamber.com/">https://www.gilmerareachamber.com/</a>
- Tunnel to Towers Foundation <a href="https://t2t.org/">https://t2t.org/</a>